



e-Sukruth


15th November 2025 VOL: 18 ISSUE:10

The Header

Hello Dear Rotarians,

Am sure you are all happy & doing well.

On Nov. 4th we held weekly meeting. We have invited Rtn Major Donor Dr. Shivaprasad from Rotary North Mangaluru. He has given talk on Homeopathic medicine in depth. He has also talked about Rotary Public Image. He has appreciated our Rotary Chowki Project at Surathkal Junction.

On Nov. 8th, We, Rtn. MPH Dr. Aravind Bhat, Rtn. PHF, ZL Sandeep Rao, Rtn. PHF Chandrakant Marate & Myself traveled to Puttur to attend TRF Seminar

While coming back from Puttur we visited our MP Brejesh Chowta at 10.30 pm at Circuit House Mangaluru & had very fruitful discussion regarding various issues. We have requested him to give recommendation letter for doing Geriatric Health Center at Srinivasa Hospital Mukka by availing Global Grant.

He has agreed to give his recommendation letter.

On 9th Nov. Rtn. PHF Rammohan, Rtn. Dr. Basavaraj Manu & Myself traveled to Puttur to attend TRF Seminar.

On Nov. 16th we will be participating in the Cricket Tournament organized by Rotary South Mangaluru.



Rtn. Ramachandra B. Kunder
President

Celebrations

We celebrate the Birthdays of....

Rtn P Purushottama Rao on 29th

Ann Preethi Bhat W/o Rtn Shreesha K Bhat on 16th

Ann Savithri Bhat W/o Rtn Ramesh Bhat on 22nd

Ann Poornima W/o Rtn Krishnamoorthy P on 29th of November

And the Wedding anniversary of

Ann Vani and Rtn S Girish on 16th

Ann Shashikala Bhat and Rtn Shridhara Bhat on 17th

Ann Vasanthi Rao and Rtn Ramesh Rao on 26th and

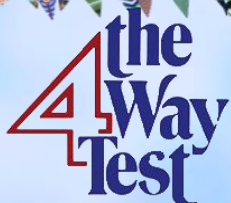
Ann Sheela and Rtn Srinivas Deva Rao also on 26th of November



e-Sukruth

Conveys our Special Greetings

to them on these special occasions.



Of the things we think, say or do

1. Is it the truth ?
2. Is it fair to all concerned ?
3. Will it build goodwill and better friendships ?
4. Will it be beneficial to all concerned ?



the fortnight that was ...

1-11-2025 : The Rotary Police Chowki under the flyover near Surathkal junction was inaugurated by the Honorable MLA Sri Bharath Shetty Y. Rotary District Director for Public Image Major Donor Rtn Dr Shivaprasad was the guest of honor. The Surathkal Police Inspector Sri Pramod Kumar, SI Ragu Naik, ASI Traffic dept , Rtn Agari Raghavendra were also the guest of honor of the function.



The Rotary Inter district joint meeting of Rotary 3181 RC Surathkal, RC Mangalore East, RC Mangalore Hill side, RC Mangalore North, with *Rotary District 3191 RC Vijayanagar Bangalore* was held at Canara club under the initiative of AG CA Shantharam Shetty, as a part of exchanging good practices; activities and projects of clubs.

All the 4 club Presidents and Secretaries, PDG, IPDG, DG-E, AG, ZL and Rotary District 3191 RC Vijayanagar President, Secretary and 17 Rotarians attended the event. Rotary Club Surathkal President and Rotary Club Vijayanagara Bangalore President exchanged the Flag.



2-11-2025, a medical checkup camp was held at Thokuru organised by RC Surathkal in association with RC Mulki, RCC Thokuru, Yuvaka Sangha Thokuru and Mahila mandala Thokuru, This camp was conducted by K.M.C Hospital Attavara and A.B.Shetty Institute of Dental Science and Hospital Deralakatte, Mangaluru. The medical checkup included General medical checkup BP, Sugar, Eye Test, ENT, Gynaecology, Skin, Dental checkup and Treatment. Rtn. Dr. Bhushan Shetty Consultant Nephrologist, K.M.C inaugurated the event. A Total of 124 people have availed the benefits of the camp. Free medicine and 36 free specs were provided to the needy patients. 16 cases were referred to high level screening/surgery to KMC Hospital.

The Outdoor zonal sports event was held on dium Mangalore. RC Surathkal proudly won 2 Gold,

Our medalists are,

1. Rtn. Sathish Sadanand - Shot put Gold
2. Ann Shubha Jagadhish 100M Walk Gold
3. Ann Shubha Jagadhish - Shot put Silver
4. Ann Preethi S Bhat - 100M running Silver
5. Ann Preethi S Bhat, long jump Silver
6. Rtn Rammohan Yenmakaje 100M walk Silver
7. Rtn Ravilochan Achar - Shotput Bronze
8. Ann Vidyarammohan, shot put Bronze
9. Rtn. Shreesha K Bhat, Long jump Bronze



02/11/2025 at Mangala Sta- 5 Silver and 4 Bronze medals.



Hearty Congratulations to the winners and participants Team

RCS

4-11-2025: Major Donor Rtn Dr. Shivaprasad, Dist.3181 Chairman Public Image was guest speaker for our 16th weekly meeting and he delivered a talk on : " Homeopathic Treatment " and " Rotary Image "

Team RC Surathkal met our MP Captain Brijesh Chowta and discussed the proposed project - Geriatric Care centre. Also various topics w.r.t skill development, youth career counselling and other developments were discussed. The MP requested Rotary to involve in above fields.

Our glittering family ...



Hearty Congratulations to Ann. Savitri Ramesh Bhat, for winning the 3rd Prize in the 'Diya Rangoli contest', organised by IWC Durgapur GIVA dist.304.

She also won Second Prize in Diya Rangoli Contest organised by IWC Ashoknagar, Dist.305.

Annet Laksha, D/o Rtn. Nitheshkumar participated in 'Chinnara Chilipili' Fancy Dress Competition as Barbie Doll - Organised By Rotary Club of Seaside on 09/11/2025.



Rtn. Rammohan Y.

Secretary



Francesco Arezzo

President 2025-26

November 2025

This November, as we celebrate The Rotary Foundation, I invite you to consider not only what we give but why we give. The Foundation is more than a fund for projects. It is the beating heart of our promise that service, rooted in trust and friendship, can create lasting change.

Our Action Plan calls us to increase our impact, and the Foundation is how we make this vision real. Since 1988, Rotary and our partners have immunized nearly 3 billion children against polio. We have committed more than \$2.6 billion to this cause, and last year alone we directed \$146 million toward the final push for eradication. These numbers are significant, but the true impact is not in statistics — it is in the lives of children who will never again fear polio. It is in the hope restored to families and the peace built in communities once defined by disease.

But polio is only one story among many. Each year, Rotary Peace Centers

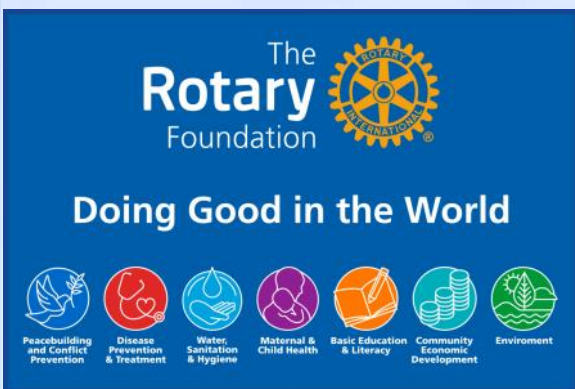
train new generations of leaders who will transform conflict into dialogue and division into understanding. In 2023-24, nearly 100 new fellows began their studies, continuing a legacy of more than 1,800 peacebuilders from over 140 countries. When we invest in them, we are planting seeds of peace that will bear fruit for decades to come. The Foundation also touches lives through district and global grants, supporting projects large and small. A clean water well for a rural community, scholarships for young professionals, medical care in the wake of disaster — these are not temporary gestures, but steps toward dignity,

resilience, and opportunity. This is how Rotary service becomes lasting impact. And when natural disasters strike, our Foundation allows Rotary to act quickly with disaster response grants.

Our Foundation is not about what we can do alone but what we can do together. Each contribution, no matter its size, joins with others to create a collective act of faith in humanity and in the future.

The last mile of any great journey is always the hardest. We see this in our final steps toward ending polio, in our work for peace, and in every project that seeks to lift people out of despair. Yet every time we give, we declare that our work will continue regardless of the challenge.

This November, let us give with gratitude, with joy, and with hope. Through our Foundation, we *Unite for Good*, and in doing so, we leave behind not only projects but a legacy of peace, trust, and Service Above Self.





Rotaract Club of NITK

Events in October

October was a month of energy, enthusiasm, and service for the Rotaract Club of NITK. On 9th October 2025, the club hosted Verdict, its flagship event for first-year undergraduate students. Designed as a simulated courtroom trial, the event challenged participants to think critically, argue persuasively, and showcase their oratory skills. The intense yet entertaining sessions provided an excellent platform for newcomers to engage with real-world problem-solving and teamwork.

On 18th October 2025, 39 Rotaractors from the 2nd, 3rd, and 4th years visited Snehasadan – St. Camillus Care Home, Mangaluru, as part of the club's social outreach initiative. Members conducted a series of fun and interactive activities, including team relays, charades, and group games that encouraged confidence, coordination, and creativity among the children. The club also donated stationery to support their education. The visit fostered joy, empathy, and meaningful connections, leaving a lasting impact on both the children and the volunteers.

The month of October truly embodied the Rotaract spirit — blending leadership, fellowship, and service to create a positive difference in the community.



Rtr. Promit Roy

Secretary, Rotaract Club of NITK

ROTARACT CLUB OF SUIET

Events in October

The month of October was filled with impactful activities and meaningful participation by the members of the Rotaract Club of SUIET. On 4th October, our members actively volunteered in the Medical Camp organized by Rotary Club of Suratkal. The camp aimed to provide free health check-ups and medical assistance to the underprivileged sections of society. Our volunteers assisted in registration, guiding patients, and supporting the medical staff in ensuring the smooth execution of the event. The initiative helped us contribute to the community's well-being while gaining valuable exposure to the spirit of service.



Towards the end of the month, from 31st October to 2nd November, four of our club members took part in RIDE—"Nodi Namma Ooru 2.0", an inter-district Rotaract event conducted by Rotary International District 3191. The event provided an excellent platform for cultural exchange, networking, and learning from Rotaractors across different clubs. It was a memorable experience that strengthened fellowship and team spirit among participants while representing our club with enthusiasm and pride.



Overall, October was a month that reflected our club's commitment to service and active engagement in both community and Rotaract-level initiatives.

Rtr. Ralph Joel

Secretary, Rotaract Club of SUIET



Friends,

Here are the answers for the quizzes of the last issue:

Rotary quiz 28— C. You invite her to be a Rotarian keeping in mind the diversity in Rotary

Logical Puzzle 28— Hey I know nothing other than Licé who can walk on your head

Sudoku 28

3	8	2	9	4	1	5	6	7
7	4	6	8	2	5	3	9	1
1	5	9	6	3	7	8	2	4
9	6	4	7	5	8	2	1	3
5	1	3	2	9	4	7	8	6
2	7	8	3	1	6	9	4	5
4	2	7	5	6	9	1	3	8
6	9	5	1	8	3	4	7	2
8	3	1	4	7	2	6	5	9

Rotary Quiz 29:

Who is our present Governor among the four?

- A. Rtn. Vikram Datta.
- B. Rtn. Keshav H. R,
- C. Rtn. Ramakrishna P. K.
- D. Rtn. Sathish Bolar.

Sudoku:29

	4					5	7	
9					4			
			7		3	9		
			2		7	8		
	5			1	8		6	
6	7						2	
						6		2
2			3					
	8	9						3

Brain teaser

If 2 is company and 3 is a crowd, what are 4 and 5?

You said it

⇒ ಕನ್ನಡಕ್ಕೆ ನೀಡಿದ ಪ್ರಾಶಸ್ತ್ಯ ಕನ್ನಡ ನಾಡಿಗೆ ಸಂದ ಗೌರವ. ಪತ್ರಿಕೆ ಸೊಗಸಾಗಿ ಮೂಡಿಬಂದಿದೆ. ಅಭಿನಂದನೆಗಳು.

⇒

Rtn. Rajmohan Rao

⇒ Thank you very much Sir. 🙏

Editorial Team

ರಾತ್ರಿ ಮಲಗಿದಾಗ ಮಂಚದ ಕೆಳಗೆ ಯಾರೊ ಇದ್ದಾರೆ ಅನ್ನುತ್ತೆ ದಾಕೈ. ನೋಡಿದ್ದೆ ಯಾರೊ ಇರಲ್ಲ. ಇದು ಏನು ದಾಕೈ?..

ಡಾಕ್ಟರ್: ಇದನ್ನ Under cot Disorder ಅಂತ ಕರೀತೀವಿ, ಇದಕ್ಕೆ solution ಇದೆ. ನೀವು ಹಲವಾರು sittings ಬರಬೇಕಾಗುತ್ತೆ.

Fees ಎಷ್ಟು ದಾಕೈ?

500 per sitting.

"ಸರಿ, ಮತ್ತೇ ಬರ್ತೀನಿ" ಅಂತೇಳಿ ಗುಂಡ ಹೊರಡ್ತಾನೆ.

ಸ್ವಲ್ಪ ದಿನಗಳ ನಂತರ ದಾರಿಯಲ್ಲಿ ಗುಂಡ ಸಿಕ್ಕಾಗ ಡಾಕ್ಟರ್ ಕೇಳ್ತಾರೆ:

"ಯಾಕೆ ಮತ್ತೆ ನೀವು ಬರ್ತಿಲ್ಲ..?"

"ನನ್ನ friend ಗೆ ದಾವಣಗೆರೆ ಬೆಣ್ಣೆದೋಸೆ, ಒಂದೊಳ್ಳೆ ಕಾಫಿ ಕೊಡ್ತಿ ನನ್ನ ಸಮಸ್ಯೆ ಮತ್ತು treatment ಖರ್ಚಿನ ಬಗ್ಗೆ ಹೇಳೋಂದೆ. ಅದಕ್ಕೆ ಅವನು ಒಳ್ಳೆಯ suggestion ಕೊಟ್ಟ.."

□ಏನದು?

"ಮಂಚ ಮಾರಿ ಚಾಪೆ ಹಾಸ್ಟೊಂಡು ಮಲ್ತೊ" ಅಂದ.

ನಿಮ್ಮ ಜೀವನ ಸಂಗಾತಿಯಿಂದ ನಿಮ್ಮ ನಿರೀಕ್ಷೆಗಳು ಯಾವುವು?

ಏನು ನಿರೀಕ್ಷೆ ಇಲ್ಲ ಎಂದರೆ ಸುಳ್ಳಾಗಬಹುದು. ನಾನು ನನ್ನ ಗಂಡ ಮದುವೆಗೆ ಮುನ್ನ ಇಬ್ಬರು ಒಬ್ಬರಿಂದ ಇನ್ನೊಬ್ಬರು ಏನನ್ನು ನಿರೀಕ್ಷೆ ಮಾಡುತ್ತೇವೆ ಎಂದು ಚರ್ಚಿಸಿದಾಗ ಅವರು "ನಾನು ಏನು ನಿರೀಕ್ಷೆ ಇಟ್ಟಿಲ್ಲ" ಎಂದರು. "ನಾನು ನನ್ನ ಸಂಗೀತಕ್ಕೆ ಪ್ರೋತ್ಸಾಹ ಕೊಟ್ಟರೆ ಸಾಕು. ಬೇರೆ ಯಾವ ನಿರೀಕ್ಷೆ ಇಲ್ಲ" ಎಂದಿದ್ದೆ. ನಾನು ಸ್ವಲ್ಪ ತಡವಾಗಿ ಮದುವೆಯಾಗಲು ಕಾರಣವೂ ಸಂಗೀತವೇ. ನನ್ನ ಅಭ್ಯಾಸಕ್ಕೆ ಪ್ರೋತ್ಸಾಹ ಕೊಡುವವರೇ ಬೇಕಾಗಿದ್ದದ್ದು.



ಇನ್ನು ಮದುವೆಯಾದ ಮೇಲೆ ನಾವು ಒಬ್ಬರಿಂದ ಇನ್ನೊಬ್ಬರು ಏನು ನಿರೀಕ್ಷಿಸದೇ ಜೀವನ ಮಾಡುತ್ತಿದ್ದೇವೆಯೇ? ಇಲ್ಲ ಖಂಡಿತ ಇಲ್ಲ. ನನ್ನ ಪ್ರಕಾರ ಸಣ್ಣ ಸಣ್ಣ ನಿರೀಕ್ಷೆಗಳು ಸಹ ನಿರೀಕ್ಷೆಗಳೇ. ಅವು ನಮ್ಮ ಪ್ರತಿ ದಿನದ ಜೀವನದಲ್ಲಿ ನಮ್ಮೊಂದಿಗೆ ಚಲಿಸುತ್ತಾ ಇರುತ್ತವೆ. ಉದಾಹರಣೆಗೆ, ಬೆಳಗಿನ ಸಮಯದಲ್ಲಿ ನಾನು ಸ್ವಲ್ಪ busy ಹೆಚ್ಚು. ಕಾರಣ ನನ್ನ online classes ಗಳು ಇರುತ್ತವೆ. NRI studentಗಳು ಇರುವ ಕಾರಣ time adjustment ಗೋಸ್ಕರ ಬೆಳಗಿನ ಹೊತ್ತೆ class ತೆಗೆದುಕೊಳ್ಳುವುದು ಅನಿವಾರ್ಯ. ಆದರೆ ನನ್ನ ಗಂಡನಿಗೆ ಬೆಳಗ್ಗೆ ಬೇಗ ಏಳುವ ಅಭ್ಯಾಸ ಯಾವ ಕಾಲಕ್ಕೂ ಇಲ್ಲ ಎಂದೆನಿಸುತ್ತದೆ.

ಬೆಳಗ್ಗೆ ಕಸದ ಗಾಡಿ ಬರುವುದು, ಇನ್ನು ಸಣ್ಣ ಪುಟ್ಟ ಕೆಲಸಗಳಿಗೆ ನಾನೇ class ಮಧ್ಯದಲ್ಲಿ ಓಡಾಡಬೇಕು. ಇದು ಪ್ರತಿ ದಿನದ ಸಮಸ್ಯೆ ಅಲ್ಲವಾದರೂ ಬಹಳಷ್ಟು ಬಾರಿ ಹೀಗೆ ಆಗುತ್ತೆ. ನನ್ನ ನಿರೀಕ್ಷೆ, ಹೆಂಡತಿಗೆ ಇಷ್ಟು ತೊಂದರೆ ಆಗುತ್ತದೆ ಎಂದಾಗ ಅವರು ನನಗೆ ಸಹಾಯ ಮಾಡಬೇಕೆನ್ನುವುದು. ಆದರೆ 2 ವರ್ಷವಾದರೂ ಅದು ಇನ್ನು ನಿರೀಕ್ಷೆಯಾಗಿಯೇ ಉಳಿದಿದೆ.

ಹಾಗೆಂದು ನಾನೇನು ಎಲ್ಲ ವಿಚಾರದಲ್ಲೂ ಪರಿಪೂರ್ಣಳಲ್ಲ. ನನಗೆ ಸ್ವಲ್ಪ ಬೇಗ ಸಿಟ್ಟು ಬರುತ್ತದೆ. ನನ್ನ ಗಂಡ ಬಹಳ ಸಮಾಧಾನ. ಎಂಥ ಸಮಯದಲ್ಲೂ ಜೋರಾಗಿ, ಗಟ್ಟಿಯಾಗಿ ಮಾತನಾಡಿದ್ದು ನಾನು ನೋಡಿಲ್ಲ. ಒಂದು ವೇಳೆ ಇಬ್ಬರೂ ಒಬ್ಬರಿಗೊಬ್ಬರು ವಾದ ಮಾಡುತ್ತಾ ಹೋಗುವವರಾದರೆ ಅದು ದೊಡ್ಡ ಮನಸ್ತಾಪಗಳಿಗೆ ಎಡೆ ಮಾಡಿಕೊಡುತ್ತದೆ. ಆದರೆ ಅವರು ನನ್ನ ಯಾವ ಸಿಟ್ಟಿಗೂ ಪ್ರತಿಕ್ರಿಯಿಸುವುದಿಲ್ಲ. ಹೀಗಾಗಿಯೇ ನಾನೂ ಕೂಡ ಬೇರೆ ವಿಷಯಗಳಿಗೆ ಹೊಂದಿಕೊಂಡು ಬಿಡುತ್ತೇನೆ.

ನನ್ನ ಅನಿಸಿಕೆ ಇಷ್ಟೇ, ಗಂಡ ಹೆಂಡತಿ ಎಂದಾಗ ನಿರೀಕ್ಷೆಗಳು ನಿರಂತರವಾಗಿ ಹುಟ್ಟುತ್ತಿರುತ್ತವೆ. ಆದರೆ ಒಬ್ಬರ ನಿರೀಕ್ಷೆ ಇನ್ನೊಬ್ಬರ ಮೇಲೆ ಹೇರುವ ಪ್ರಯತ್ನ ಆಗಬಾರದು. ಇಬ್ಬರು ಜೊತೆಯಿರುವಾಗ ನಿರೀಕ್ಷೆಗಳು ಹುಟ್ಟುತ್ತಿರುತ್ತವೆ ಅದು ಸಹಜವೂ ಕೂಡ. ನಿರೀಕ್ಷಿಸುವುದು ತಪ್ಪೆನ್ನಲಾಗದು. ಆದರೆ ನಿರೀಕ್ಷೆಗಳಿಗೆ ಮಿತಿ ಇರಬೇಕು. ಸಣ್ಣ ಪುಟ್ಟ ನಿರೀಕ್ಷೆಗಳು ಹುಸಿಯಾದಾಗ ಅವುಗಳಿಗೆ ಹೊಂದಿಕೊಂಡು ಬಿಡಬೇಕು. ಏಕೆಂದರೆ ಯಾರೂ ಪರಿಪೂರ್ಣರಲ್ಲ. ಇಬ್ಬರಲ್ಲೂ ಕೊರತೆಗಳು ಇರುತ್ತವೆ.

ಇನ್ನೊಂದು ಮಾತು, ನಿಮ್ಮಿಬ್ಬರ ನಿರೀಕ್ಷೆಗಳು ನಿಮ್ಮಿಬ್ಬರವರೆಗೆ ಮಾತ್ರ ಸೀಮಿತವಾಗಿದ್ದಾಗ ಸಮಸ್ಯೆ ಕಡಿಮೆ. ಬೇರೆ ಎಲ್ಲ ಸಂಬಂಧಿಕರ ನಿರೀಕ್ಷೆಯನ್ನು ನೀವು ನಿಮ್ಮ ಜೀವನ ಸಂಗಾತಿಯ ಮೂಲಕ ನೆರವೇರಿಸಿಕೊಳ್ಳುವ ಪ್ರಯತ್ನ ಬೇಡ.

ಲೇಖನ: ವಿದ್ಯಾಶ್ರೀ ಚಿನ್ನಯಿ, ಕೃಪೆ: ಕೋರಾ

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